



The ocean air is a wonderful sedative and we all sleep so well here, so we had a late start yesterday. We were going to Mike and Dolores's for dinner and it was a little overcast, so we decided to stop at the casino in Colwood on our way. We didn't stay too long and left without losing any money, so it was a good visit. We had a wonderful evening at the Todd's however as everyone was hoping to see the [Calgary Flames](#) win the hockey game, we were disappointed with the outcome.

Today we visited [Golds](#)

[treem Provincial Park](#)

. It is a beautiful park just outside of Victoria with the Goldstream River running through it and in the fall, visitors can watch as salmon return there to spawn. We were able to see the huge 600-year-old Douglas Firs and enjoy the information and displays in the Visitors Center.

We then stopped by to pick up Dolores and we headed downtown to watch as the Pacific Grace returned to harbour. The

[Pacific Grace](#)

is a Tall Ship, used as a training adventure for youth, here for the summer. It was very impressive to watch as she was escorted to port. Dolores informed us that her son Jake will be one of the lucky sailors aboard this ship later in the summer. What an adventure for him!

Even though the forecast wasn't so great, it turned out to be a really nice weekend, mild with plenty of sunny periods. We had the good fortune to explore some of the area, see a Tall Ship and spend some wonderful time with good friends. It really doesn't get much better than that!